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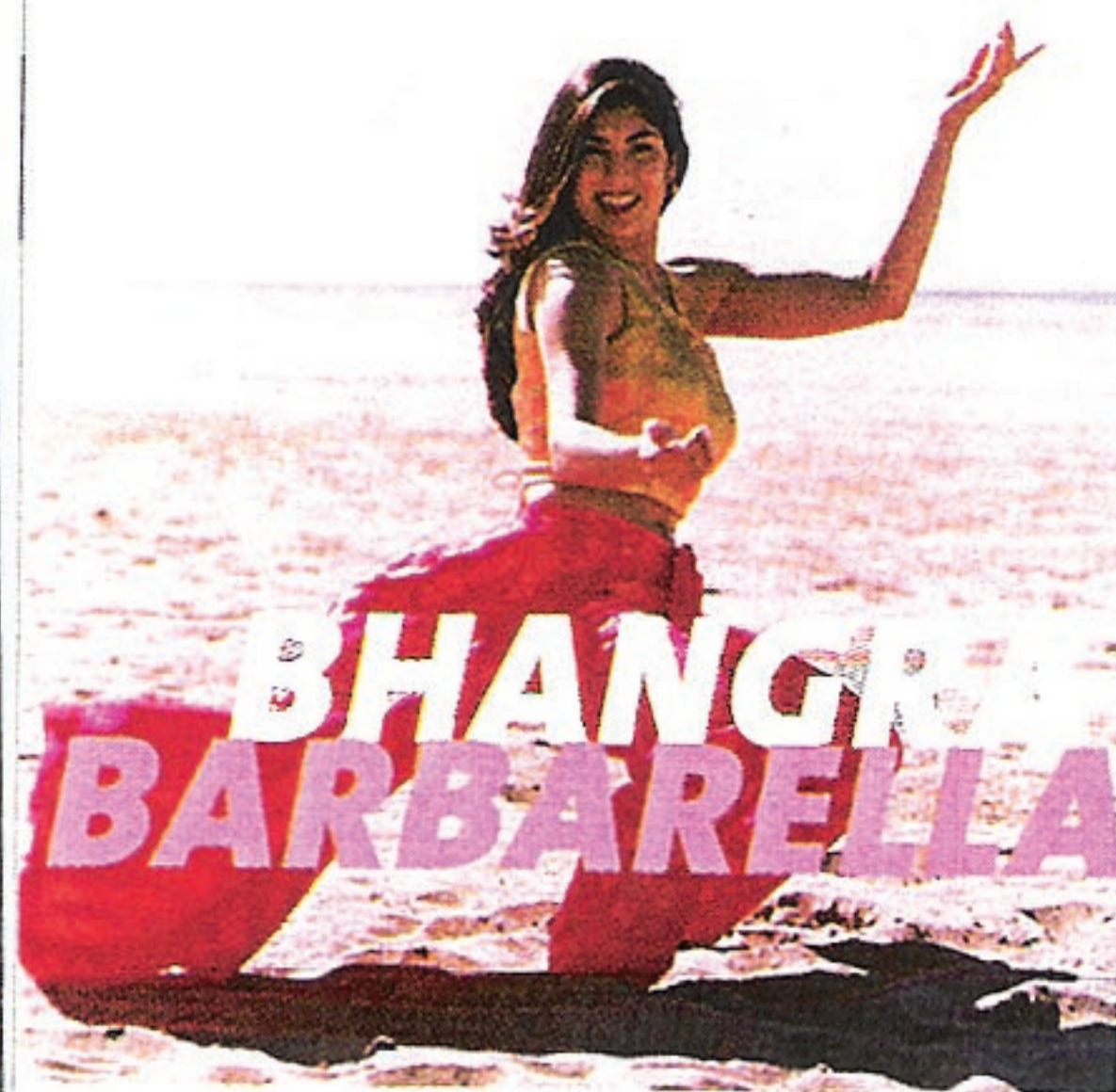
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NEWSBRIEFS



Move over Billy Blanks. Sarina Jain and her *Masala Bhangra Workout* just might replace TaeBo in America's aerobicized heart. While bhangra dance has already swept underground club scenes across the nation, the Indian musical tradition celebrating the wheat harvest is now popping up in fitness clubs in New York and L.A. Jain, founder of Masala Dance and Fitness, Inc., developed her unique workout by incorporating traditional bhangra dance with modernized, beat-driven bhangra music and Western

fitness techniques. She describes her workout as "a high-energy Indian folk dance."

Others may claim stake to bhangra-influenced aerobics but Jain maintains that she spearheaded the trend by being the first to teach classes at large-scale sports centers. A licensed fitness instructor for 12 years, Jain currently teaches the Masala Bhangra Workout in such popular sports clubs as New York's Crunch Gym and New York Sports Club. The workout is also available on video at Jain's site (www.masaladance.com), prompting some to call Sarina Jain the Indian Jane Fonda.

Jain attributes the growing popularity of her workout to its dance aspect. "You don't realize that you just had a great workout because you're dancing," says Jain. She is currently working on the second volume of her video workout and hopes to branch out to other areas in the nation within the next year.

—J.A.